

## *Run for Life – boost your energy!*



### **Raspberry (mix) – Banana – Drink**

Energy drink for more power

Place all ingredients in a blender in the order listed.  
Mix everything well for 2 to 3 minutes

#### ***Ingredients for 2 portions***

- 250g natural yogurt (1.5% fat)
- 150ml orange juice
- 1 banana
- 25g fresh pressed ginger peeled off and sliced
- 100g tofu
- 1 level teaspoon of cinnamon powder
- 10g wheat germ
- 150g frozen raspberry mix or strawberry
- 1 pinch of chili powder
- 1 level spoon sunflowers oil
- 3 spoon Sea buckthorn-orange-fruit sauce or honey



Preparation time 10 minutes

**The drink is a full fitness drink and can replace a full meal.**

**Enjoy and getting fitter!**

